



## **PRESS RELEASE**

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### **KLRI Receives Grant From NIH To Study Stress Resilience In Older Adults**

*Study to help determine if physical fitness increases the body's ability to recover from mental and oxidative stress in healthy men and women.*

PHOENIX — The Kronos Longevity Research Institute (KLRI) has been awarded a research grant from the National Institutes of Health (NIH) to conduct research on oxidative stress resilience and its effects on seniors. Previous studies have discovered that older individuals suffer dramatically poorer outcomes [compared to young individuals] when exposed to acute stressors such as illness, injury, exertion or surgery.

The scope of the study will focus on three elements:

1. Determine the effects of physical fitness on oxidative stress resilience.
2. Determine the effects of physical fitness on neuroendocrine stress reactivity, as assessed by measurements of the pituitary-adrenal axis response to a validated psychosocial laboratory stressor, comparing fit and unfit older men and women.
3. Investigate relationships and correlations between intra-individual responses to a defined oxidative stressor and a controlled psychosocial stress stimulus.

Participants in this study will be healthy men and women who are over 60, non-smokers and who do not have a history of high blood pressure, cardiovascular problems or clinical depression.

#### **About the Kronos Longevity Research Institute (KLRI)**

KLRI, a not-for-profit 501(c) (3) organization, is a leader in developing new modes of prevention and treatment to enhance human longevity. KLRI is the only independent research institute devoted exclusively to translating basic discoveries in the process of aging into useful tools, improved medical care and healthier lives. KLRI's research is conducted by its own highly regarded scientists and through collaborations with some of the nation's leading medical research centers. Because KLRI conducts pioneering research in an area of science that is poorly understood, KLRI offers the potential to make seminal contributions that benefit not only the growing population of older Americans, but people everywhere and generations to follow.

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